

P.R.I.C.E

A general treatment for bleeds and other painful injuries is P.R.I.C.E. – Protection, Rest, Ice, Compress, Elevate

Protect the affected area by limiting movement or weight bearing to avoid further injury and help stop bleeding

- Use an arm sling, brace, or a splint to support an arm or leg and limit movement.
- Use assistive devices such as crutches or a walker to help decrease or avoid putting weight on a painful leg or foot.
- Note: contact your Hemophilia Treatment Center for recommendations if you don't have these items at home.

Rest the affected area to help stop bleeding, manage pain, and limit swelling.

- Stop using the involved arm or leg for 24 to 48 hours.
- Note: depending on the site or severity of the injury/bleeding episode, you may need to limit activity for a few days or longer

Ice/Cold Pack may be used to reduce pain.

- Apply ice/cold packs to the affected area as needed for 15-20 minutes every 2-4 hours for up to 48 hours or longer for more severe bleeds.
- Note: Wrap plastic bag of ice or cold packs in a thin cloth or paper towel to avoid direct contact on the skin.

Compression is used to reduce swelling and to help stop the bleeding.

- Wrap the affected area with an elastic bandage. Start wrapping below the area of swelling in an X-cross pattern, NOT in circular layers. The bandage should be snug, but loose enough to easily slide a finger under the wrap.
- Note: Muscle bleeds can put pressure on nerves and blood vessels which may require immediate medical intervention to prevent permanent damage. DO NOT use an elastic bandage if you have any numbness or tingling, increase in pain, or if your skin feels cool below the site of swelling. Call your medical provider if you have these symptoms.

Elevation is used to help reduce and resolve swelling.

- Keep the injured leg or arm elevated as much as possible in the first 24-48 hours.
- Note: Ideally elevate the arm or leg above the level of your heart.